GAY-OK

CNN ANCHOR ANDERSON COOPER COMES OUT TO THE WORLD IN AN INTERNET POST: 'THE FACT IS, I'M GAY' PAGE 8

LONDON metro®

Tuesday, July 3, 2012

News worth sharing.

metronews.ca | twitter.com/themetrolondon | facebook.com/themetrolondon

SAFE AND SOUND

Canadian aid workers Qurat-Ul-Ain Sadazai, centre-left, and Steven Dennis, above-centre-left, arrive by Kenyan military helicopter at Wilson airport in Nairobi on Monday, along with Glenn Costes of the Philippines, second from right, and Astrid Sehl of Norway. The workers were kidnapped by gunmen from a refugee camp in Kenya last week and rescued in a daring mission on Monday. More coverage on page 5. SAYYID AZIM/THE ASSOCIATED PRESS

Western student centre getting major facelift

Campus life. Project aims to re-energize student activity centre

ANGELA MULLINS
angela.mullins@metronews.ca

Western University students will notice some changes this fall.

The University Students' Council is getting ready to pour about $530,000 into upgrades at the University Community Centre with a goal of pumping a bit more energy into the student hub.

"We want to create a place that students can feel proud of and students can go to hold their meetings and do the things they want to do," student council president Adam Fearnall said. "It's something the students have been (requesting) for a long time."

UCC makeover

A few more of this summer's projects:
- New Spoke entrance.
- Ticket selling from Info Source to be relocated to UCC lower level next to InPrint.
- Replacement of furniture on UCC second and third floors.
- Opening of USC Conference Centre.
- Student art showcase in new USC Conference Centre and atrium.

Source: University Students' Council

One of the biggest changes will see the Purple Store — a den of Western University-branded clothing — moved from the UCC's lower level onto the main floor.

"Hopefully, it brings a little more of a student feel to the atrium," Fearnall said. "We want it be more than just a food court."

The atrium also will be the new home of a Mustang Central information desk with self-serve kiosks where students can do everything from connect with volunteer opportunities to buy tickets for events.

Plans for the project were created last year with input from more than 10,000 students. The work, financed through a $25 capital fee students approved two years ago, is expected to wrap up in late September.

Road trip

A London student's summer job will see him touring Southern Ontario to raise awareness of accessibility for the disabled PAGE 3

Chasing God

Physicists are poised to announce strong evidence of the 'God particle' that explains the makeup of the universe PAGE 5

Free agent time

Former New Jersey Devil Zach Parise is among the NHL holdouts who haven't decided which team to sign with PAGE 13

ROGERS™ authorized dealer

LONDON

Wireless Express
981 Wellington Rd. S
(519) 686-2084

Wireless Express
3039 Wonderland Rd. S, Unit C
(519) 691-0876

Wireless Express
320 Clarke Rd., Unit B2
(519) 457-7367

Wireless Express
595 Fanshawe Park Rd. W, Suite D
(519) 473-7379

355 Wellington Rd. S
(519) 858-3740

CHATHAM

Wireless Express
75 Keil Dr. S
(519) 351-4077

HANOVER

426 10th St., Unit 42B
(519) 369-6677

KINCARDINE

827 Queen St.
(519) 396-6677

MITCHELL

5656 Line 34, Hwy. 8
(519) 348-8967

PORT ELGIN

556A Goderich St.
(519) 832-6677

LASALLE

5916 Malden Rd., Unit 19
(519) 972-6339

LEAMINGTON

239 Erie St. S
(519) 326-2638

SARNIA

Wireless Express
1362 Lambton Mall Rd.
(519) 542-5429

Wireless Express
910 Exmouth St.
(519) 339-9717

ST. THOMAS

Wireless Express
Elgin Mall
(519) 637-0384

STRATFORD

McNain Communication
726 Ontario St.
(519) 275-2505

OWEN SOUND

Heritage Place Mall
1350 16th St. E
(519) 371-0346

883 10th St. W
(519) 370-0909

WOODSTOCK

McNain Communication
225 Norwich Ave.
(519) 539-1515

GODERICH

McNain Communication
Suncoast Mall
(519) 440-0202

NEWBURY

Wireless Express
22789 Hagerty Rd.
(519) 693-4484

TECUMSEH

13300 Tecumseh Rd. E, Unit 210
(519) 735-8689

WALKERTON

22 Jackson St.
(519) 507-4388

ROGERS plus

LONDON

Westmount Shopping Centre
785 Wonderland Rd. S, Unit S3
(519) 657-6841

Masonville Place
1680 Richmond St. N, Unit L029
(519) 660-6135

White Oaks Mall
1105 Wellington Rd. S, Unit 413
(519) 691-0494

849 Wonderland Rd. S
(519) 474-2361

1920 Dundas St. E
(519) 451-6304

1225 Wonderland Rd. N
(519) 472-5442

1240 Commissioners Rd. W
Unit 106-107
(519) 473-4001

1030 Adelaide St.
(519) 645-2171

395 Wellington Rd. S, Unit 11-14
(519) 649-0533

Now available until July 16

iPhone 4 now $0 Why wait any longer?

$0[1] with 3-yr. **FLEXtab** agreement on select plans

$549.99 month-to-month price

iPhone

Visit your local Rogers store today and find out how you can get it on your terms with Rogers new **FLEXtab.**™

CONNECT EXCITING TALK SHARE RELIABLE NETWORK CHAT
FRIENDS TALK FRIENDS text NETWORK TALK SHARE RELIABLE ACCESS CONNECT FREEDOM LIFE NETWORK CHAT
SURF CHAT ACCESS LIFE TEXT FIRST FAST FREEDOM EXCITING ACCESS CONNECT FREEDOM EXCITING FRIENDS

Creating World-Leading Internet Experiences.

ROGERS™

ROGERS™ authorized dealer · ROGERS plus · WIRELESSWAVE · FUTURE SHOP · booth · 2001 AUDIO VIDEO · BEST BUY · Walmart · BATTERIES N' gadgets · CELLULAR SOUP · BEST BUY mobile your phone, your way · THE MOBILE SHOP

Offer available for a limited time while quantities last and subject to change without notice. **1** With new activation on any 3-yr. voice and data plan having min. $47.75 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of the Device Savings Recovery Fee and Additional Device Savings Recovery Fee. TM and © 2012 Apple Inc. All rights reserved. ™Rogers & Mobius Design and FLEXtab are trademarks of or used under license from Rogers Communications Inc. or an affiliate. Other brand names & logos are trademarks of their respective owners. © 2012 Rogers Communications.

A sweet summer gig that's as important as it is fun

Making a difference.
Student raises awareness about accessibility at festivals across Ontario

JULIAN UZIELLI
london@metronews.ca

Driving around Southwestern Ontario, going to festivals in a new town every weekend, meeting different people with interesting stories — it sounds like a summer road trip, but it's a summer job.

While some London students may be spending their summers selling clothes or delivering pizza, Jeremy Goldstein, 20, travels from Windsor to Hamilton educating Ontarians about the Accessibility for Ontarians with Disabilities Act, which was updated with new business customer service standards in January.

"We've had positive reception, for the most part, wherever we've been," says Goldstein. Originally from Dundas, he studies media theory and production in a joint program between Western University and Fanshawe College.

"Talking to people and hearing their stories, I'll often get a sense that they want to get some stories off their chests."

Jeremy Goldstein CONTRIBUTED

Working in a London office from Wednesday to Friday, Goldstein spends his weekends travelling to festivals, where he and a colleague set up and man a kiosk with information and promotional material about accessibility. The job is a nice change of pace from previous jobs in fast food, he said.

"It's great. The lack of having to meet sales requirements takes a lot of stress off of you. Our supervisors put their trust in us to book the events ourselves, and we have this independence which is really nice."

Goldstein will hit festivals across the province this summer, including Bayfest — Sarnia's annual music festival, and Sunfest here in London. "We have a mix of music festivals and fun street festivals — we try to get to as many people as possible."

"I'd like to think that we're making a difference."

Want to be profiled?

- Do you have an out-of-the-ordinary summer job? Let Metro know @themetrolondon or message us on Facebook.

Big birthday, big birthday cake

Local dignitaries gather at Harris Park on Sunday to cut the cake during London Celebrates Canada festivities. From left, MP Susan Truppe, Miss Canada Jaclyn Miles, MPP Chris Bentley, MPP Deb Matthews, MPP Teresa Armstrong, Mayor Joe Fontana, police Chief Brad Duncan, LCC director of official languages Dieufert Bellot, event organizer Randy Warden, and volunteers Jocelyn Holder and Kagni Beggs do the honours. Dozens of volunteers help make the annual event possible, including Ashley and Jordan Collings, inset. CONTRIBUTED

1 NEWS

Cast your vote

Don't sweat it: A case for 'Made in Canada'

Domestic manufacturing is in long-term decline in Canada, but some Canadian companies have found a way not only to survive, but to thrive: a "Made in Canada" label. Hear the case for and against Canadian manufacturing from two business owners, and cast your vote at metronews.ca.

Mobile news

Next Media Animation, which first leapt to the world's attention with a cartoon version of Elin Nordegren going after Tiger Woods with a golf club, has just released a one-minute film illustrating BlackBerry maker RIM's troubles. Scan the code to watch the video and read the full story.

Come in.
Start again.

Debts spinning out of control? Feeling overwhelmed? We're here for YOU. For a FREE financial assesment, meet with us and learn about our solutions.

McLay Debt Management

Helping people throughout Southwestern Ontario with debt relief for over 20 years.

519.310.FREE
or visit us at www.mclay.ca

Register early at
METRO AUCTIONS.CA
before July 15th
for a chance to
WIN A $250 FUTURE SHOP GIFT CERTIFICATE
Thousands of $$$ in online auction items starting September 7, 2012!

London's Zelinka headlines Canada's Olympic track team

Twice triumphant. Heptathlete, hurdler puts in stunning performances at trials

Heptahtlete and hurdler Jessica Zelinka, from London, hams for the camera in Calgary on Sunday as she poses with fellow teammates. Athletics Canada announced the members of Team Canada for the track and field portion of the 2012 London Olympics. JEFF MCINTOSH/THE CANADIAN PRESS

Canada will send one of it's largest track and field teams ever to the London Olympics — but leave one its biggest stars home.

Dylan Armstrong and London's Jessica Zelinka headline the 40-member squad named Sunday, the morning after a stunning women's 100-metre hurdles final saw Olympic bronze medallist Priscilla Lopes-Schliep's London dreams dashed.

Canada has only once fielded a larger track and field team, for the 1984 Los Angeles Games. The team is also one of the youngest ever, with just seven athletes with Olympic experience.

"That's pretty crazy seeing the team up there getting their jackets, I was thinking, 'I've got to learn some new names' because there's a lot of great new talent on the team," said Zelinka. "But also it's missing a lot of great veterans who have represented Canada in the past that I'm used to being around. So it was a bit empty without some of them for sure."

The 30-year-old Zelinka will be one of Canada's top hopes, coming off a stunning performance at the Olympic track and field trials that saw her win the heptathlon in a Canadian-record performance and then capture the hurdles title in a career-best time.

Zelinka beat a world-class field including Lopes-Schliep, whose bronze was Canada's only track and field medal four years ago in Beijing, and former world champion Perdita Felicien. Lopes-Schliep crashed into Hurdle 7 in the final and finished fifth, while Felicien was disqualified for a false start.

"Certainly Priscilla Lopes-Schliep and Perdita Felicien have the credentials to hit the podium — they've done it at world championships, and Priscilla has done it at the Olympic Games," said Athletics Canada head coach Alex Gardiner. "Certainly that was a bit disappointing, no doubt, but we're going to see them back I think.

"Most importantly the three women in the event — Jessica Zelinka, Nikkita Holder and Phylicia George — also have the credentials to get to the podium." THE CANADIAN PRESS

Europe-bound

- The track and field team will hold a training camp in Germany and then travel to London in waves.

Rippers

London loses 3-1 to Washington

Wild Things starter Chris Smith gave up one run in six innings as Washington defeated the London Rippers 3-1 Monday at Labatt Park.

Brandon Sinnery (1-1) was the hard-luck loser for London, throwing nine innings, scattering seven hits and allowing just the three runs. He walked one and struck out four.

The Rippers' run came after a single by Matt Wright and a double from Joash Brodin. London starts a three-game series in Avon, Ohio, on Tuesday against the Lake Erie Crushers.

London (17-25) returns for their final series before the all-star break on Friday, hosting the Traverse City Beach Bums for three games. METRO

Wanted man. Police issue warrant in June 23 stabbing

Following the investigation of an early-morning stabbing at Richmond and Carling streets on June 23, police have issued a warrant for the arrest of Michael Anthony Harvey, 32, of London, for aggravated assault.

The male victim of the stabbing, who was taken to London Health Sciences Centre with life-threatening injuries at the time, is now recovering in stable condition.

Harvey is described as a five-foot-11 black man, weighing about 160 pounds. He had glasses, black cornrows, a moustache and a goatee. He was not previously known to police, according to Const. Amanda Van Doren of the London Police Service.

Harvey is considered dangerous, and should not be approached. If he is seen, "call the police and we can deal with it," Van Doren said.

Michael Anthony Harvey
CONTRIBUTED

Anyone with information about Harvey can call the London Police Service at 519-661-5670 or Crime Stoppers at 1-800-222-TIPS (8477).

JULIAN UZIELLI/FOR METRO

Aid workers kidnapped from Kenyan refugee camp rescued

Deadly attack.
Somali militia group rescues foreigners, including two Canadians, after Friday's kidnapping

One of the released aid workers, Steven Dennis, 37, of Toronto, arrives by Kenyan military helicopter at Wilson airport in Nairobi, Kenya, Monday.
KHALIL SENOSI/THE ASSOCIATED PRESS

Two Canadians among the four aid workers kidnapped during a deadly attack in Kenya last Friday were seasoned veterans of the business of helping the world's poorest people and knew the risks they faced, says one of their organization's directors.

The aid workers were rescued Monday from inside Somalia in a daring mission that saw one of their captors killed.

"The places where the refugees are in need of humanitarian aid is very often high-risk areas," said Rolf Vestvick, director of advocacy and information for the Oslo-based Norwegian Refugee Council.

In fact, Qurat-Ul-Ain Sadazai of Gatineau, Que., has spent years in some of the world's most troubled regions.

The 38-year-old Pakistani-born woman had just returned to Kenya in February to take on the role of deputy director of the NRC's operations in Somalia and Kenya. She had worked there from 2007 until 2010, leaving for a couple of years to head up the agency's operations in Peshawar, Pakistan.

Steven Dennis, 37, was relatively new to NRC, having worked for the agency in Kenya for the past year. But the Toronto native, too, had a lengthy background in humanitarian work with other agencies, including Doctors Without Borders.

Sadazai and Dennis, along with Astrid Sehl, 33, of Norway, and Glenn Costes, a Filipino and eldest among the group at 40, were kidnapped at gunpoint from Kenya's sprawling Dadaab refugee camp.

All four arrived back in Kenya's capital aboard a military helicopter on Monday after a pro-government Somali militia group rescued the four inside Somalia.

"We are happy. We are back. We are alive and we are happy this has ended," Sadazai said after the group landed in Nairobi.

They were lucky to be alive. Their Kenyan driver, Abdi Ali, was killed when four gunmen attacked their two-vehicle convoy on Friday. Two other local NRC employees were injured.

THE CANADIAN PRESS

Rescue mission

Abdinasir Serar, a representative with the Ras Kamboni militia in Somalia, said his group heard of Friday's kidnapping in the Dadaab refugee camp and pursued the kidnappers.

- Ras Kamboni fighters caught up with the kidnappers Monday morning about 60 kilometres inside Somalia.
- Ras Kamboni's leader, Ahmed Madobe, said his men killed one of the kidnappers, but that the other three escaped.

Eureka! Physicists to announce evidence that helps explain universe

Scientists believe the "God particle" that might explain the underpinnings of the universe is real, and they are about to present their evidence to the world.

Physicists at the world's biggest atom smasher plan to announce Wednesday that they have nearly confirmed the primary plank of a theory that could shape the scientific understanding of all matter.

The idea is much like gravity and Isaac Newton's discovery: It was there all the time before Newton explained it. But now scientists know what it is and can put that knowledge to further use.

The focus of the excitement is the Higgs boson, a subatomic particle that, if confirmed, could help explain why matter has mass, which combines with gravity to give an object weight.

Researchers at the European Organization for Nuclear Research, or CERN, say they have compiled vast amounts of data that show the footprint and shadow of the particle — all but proving it exists, even though it has never actually been glimpsed.

The phrase "God particle," coined by physicist Leon Lederman, is used by laymen, not physicists, more as an explanation for how the subatomic universe works than how it all started. THE ASSOCIATED PRESS

What's a Higgs boson?

Though an impenetrable concept to many, the Higgs boson has until now been just that — a concept intended to explain a riddle: How were subatomic particles, such as electrons, protons and neutrons, themselves formed?

- The answer came in a theory first proposed by Scottish physicist Peter Higgs and others in the 1960s. It envisioned an energy field where particles interact with a key particle, the Higgs boson.
- The idea is that other particles attract Higgs bosons and the more they attract, the bigger their mass will be.

Aftermath. Millions still without power in U.S. after mid-Atlantic storm

A weekend without electricity was already trying for millions in the sweltering, storm-swept U.S. mid-Atlantic region. But Monday morning brought another grim challenge when many embarked on a difficult commute over roads with darkened stoplights.

Federal agencies stayed open in Washington, but non-emergency employees had the option of taking leave or working from home. Maryland's governor also gave state workers wide leeway for staying out of the office.

As of late Sunday, nearly 2.7 million people remained without power in several states from Virginia to New Jersey and as far west as Ohio. That left many to contend with stifling homes and spoiled food as temperatures approached or exceeded 100 degrees, and utility officials said the power will likely be out for several more days.

Since Friday, severe weather has been blamed for at least 17 deaths, most from trees falling on homes and cars. THE ASSOCIATED PRESS

Giovanny Alvarez, a U.S. postal worker, delivers mail on Monday to a home damaged by a powerful storm in Washington, D.C. Severe weather hit the area on Friday, uprooting trees like the one seen here. EVAN VUCCI/THE ASSOCIATED PRESS

Magnotta link?

Police investigate remains found in Montreal park

Montreal police are investigating whether remains found in a city park are linked to alleged killer Luka Rocco Magnotta.

A police source tells The Associated Press the remains appear to be a human head. Magnotta is accused of the murder and dismemberment of Concordia University student Jun Lin. His head has still not been found.

THE CANADIAN PRESS

Flesh-eating disease

U.S. woman in rehab after losing leg, foot, hands

A U.S. woman diagnosed with a rare, flesh-eating disease left the hospital Monday after nearly two months. Aimee Copeland headed to an inpatient rehabilitation clinic, where she'll learn to move with the aid of a wheelchair after having her left leg, right foot and both hands amputated. THE ASSOCIATED PRESS

Deadly monsoons

Floods leave 81 dead, 11 missing in northern India

The worst monsoon floods in a decade to hit a remote Indian state have killed more than 80 people and forced around 2 million to leave their homes, officials said Monday.

Nearly half a million people are living in relief camps that have been set up across Assam state. The rest of the two million displaced have moved in with relatives or are living in the open, sheltering under tarpaulin sheets.

THE ASSOCIATED PRESS

Meandering marsupial

Kangaroo on loose hops down U.S. highway

Startled drivers weren't seeing things — it really was a kangaroo hopping down the highway in Washington. The kangaroo nearly caused a couple of accidents Saturday while its owner tracked it down and caught it with help from friends. THE ASSOCIATED PRESS

‘Robin Hood’ tax scheme gathers growing support

Taking from the rich. Campaign calls for a tax on all stocks, bonds, derivatives and currency trades

With actor Mark Ruffalo and Coldplay’s Chris Martin recently publicly backing it, the Robin Hood Tax campaign is gaining steam.

The campaign began in the United Kingdom in 2009 and has seen a growing wave of support from grassroots organizations, activists, unions, politicians and economists in 14 countries, including Canada.

The campaign calls for the adoption of a financial transaction tax on all stocks, bonds, derivatives and currency trades. The tax would be set at between 0.5 and 0.005 per cent, depending on what’s being traded, explains Charles Idelson, a spokesperson for the U.S. campaign.

“We’re calling for taxing banks and financial institutions that have caused the economic crisis,” Idelson said.

“This tax could raise hundreds of billions of dollars every year on the trades done in the U.S. alone.”

The Canadian Federation of Nurses Union’s campaign in support of the Robin Hood Tax began earlier this year after their American counterpart adopted the idea following the 2008 financial crisis.

The nurses’ union is hoping the federal government will take a look at implementing a Robin Hood Tax here as well, although so far the Harper government has said it wouldn’t favour such a move.

The money could go a long way to improving the quality of life for many Canadians, said Linda Silas, president of the Canadian Federation of Nurses Union. Silas said that in the coming months more organizations will be asking for the tax in federal budget consultations.

TORSTAR NEWS SERVICE

Innovative idea

The idea for the tax is based on Nobel Prize-winning American economist James Tobin’s work, said Simon Chouffot, a spokesperson for the Robin Hood Tax campaign in the U.K.

- The idea was first popularized in the 1990s after the Asian financial crisis, Chouffot said.
- But after the financial crisis in 2008, which triggered a global recession, it really took hold among groups in Europe.

Exxon Valdez’s final journey

The ship formerly known as the Exxon Valdez, pictured above anchored off India’s western coast near the Alang ship-breaking yard in Gujarat on Saturday, may finally be able to sail off into the sunset. Now known as the Oriental Nicety, the ship has been given permission to enter India. India’s Supreme Court had earlier banned the vessel that dumped more than 40 million litres of crude oil into Alaska’s Prince William Sound in 1989 from entering the country for dismantling until it has been decontaminated. THE ASSOCIATED PRESS

Market Minute

DOLLAR (Markets closed)

TSX (Markets closed)

OIL $83.75 US (-$1.21)

GOLD $1,597.70 (-$6.50)

Natural gas: $2,81 US (-1.7¢)
Dow Jones: 12,871.39 (-8.7)

Luxury at sea

QE 2’s new role

Dubai has settled on a use for the storied Queen Elizabeth 2 cruise liner it bought for $100 million, with plans to make it into a floating 300-room hotel at the city’s Port Rashid. THE ASSOCIATED PRESS

ONTARIO TRILLIUM BENEFIT

YOUR MONEY EVERY MONTH

Ontario Sales Tax Credit > Northern Ontario Energy Credit > Ontario Energy and Property Tax Credit

Based on your 2011 tax return, if you qualify for any of the three tax credits that have been rolled into the **ONTARIO TRILLIUM BENEFIT,** you’ll now receive your benefit monthly rather than having to wait until after you file your tax return next year. **Starting July 2012 – your money, every month.** By direct deposit or by mail. You can count on it. **Learn more by visiting our website.**

ontario.ca/trilliumbenefit • 1 866 ONT-TAXS (1 866 668-8297) • TTY 1 800 263-7776

Paid for by the Government of Ontario

Ontario

U.S.A. VERSUS THE LAND OF 'EH'

SHE SAYS...
Jessica Napier
metronews.ca/shesays

As a dual citizen of both Canada and America, the first week of July is a pretty festive time. I like to think that having two passports gives me the right to continue the patriotic celebrations from Canada Day through to the Fourth of July.

Many American's don't really care too much about what goes on across the border, possibly because they're too busy chanting "U.S.A. No. 1" as they spoon-feed themselves ranch dressing. But when they do think about us Canadians, they're usually smirking.

The concept of "Canadian football" tends to elicit eye rolling, and Steve Martin famously mocked Toronto on an episode of 30 Rock as "New York without all the stuff in it."

Duelling citizenship

"But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities."

And yes, the beaver is a pretty laughable national animal when compared to the far more majestic eagle and our coins sound like badly drawn cartoon characters. Loonie and toonie? Come on.

Our taxes are higher, our Netflix options are abysmal and our telecommunications monopolies have a stranglehold on our mobile-dependent citizens with their high fees.

But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities.

Here are 10 of my favourite ways in which the Great White North kicks the Land of the Free's ass (sorry to brag, it's the American in me):

1 Two words: American beer. Here in Canada, we generally don't like to dilute our beer with water. We also earn money when we recycle those bottles of stronger brew, so really, that's two points for Canada.

2 Who cares what Microsoft Word has to say. Adding a "u" to words like "colour" and "favourite" is classier.

3 In this bilingual country, it's entirely possible to teach yourself a new language just by reading a box of cereal

4 Canada is a constitutional monarchy, which means our lame obsession with the British royal family is somewhat justified. What's your excuse America?

5 Legalized same-sex marriage.

6 Colour-coded money. Because why on earth would you make your one-dollar bill and your one-hundred- dollar bill look almost identical?

7 Canadians were wearing plaid before it was ironic.

8 Fact: Caesar > Bloody Marys.

9 We have the most patriotic customer loyalty program: Canadian Tire money. Does Lowes have its own currency? Didn't think so.

10 We invented the electric light bulb, basketball, the telephone, and the greatest guilty-pleasure snack of all time: A heavenly medley of cheese curds, gravy, fries. O Canada indeed.

Dressed in their 'Nunday' best

BRENDAN LANDY/LANDYPHOTO.COM

World record attempt

Getting into the habit for a good cause

One town in southwest Ireland devoutly took a fun way to promote a serious cause. Listowel in County Kerry saw over 1,400 men, women and children dressed in black-and-white habits to break a Guinness world record for most 'nuns' in one place, an event to raise money for Pieta House, a suicide and self-harm crisis centre. MWN

Numbers in B&W

1,456

The number of people dressed up as nuns that gathered in a Gaelic football field in Listowel on Saturday. They smashed the previous record of 250 achieved at Pinewood Studios, Buckinghamshire, England. The organizing committee initially hoped only 500 would attend. Participants came from as far as Florida and New York.

'Nun' the worse for wear

- **Seeking release.** "Overall, 'Nunday' was a fun way to release emotions for those who have suffered," event organizer Cora O'Brien, who lost a teenage son to suicide five years ago, told Metro.
- **Dress code sacrosanct.** "We did have to reject a few participants," O'Brien admits. "The dress code had many stipulations, including a need for black-only shoes. The outfits were rigorously checked and people were ticketed as they entered the field."

Spirits, and legs, rise as 'nuns' gather to set a world record.
BRENDAN LANDY/LANDYPHOTO.COM

Time is on your side — if you're willing to bid volunteer hours at art auction

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

They say time is money.

So instead of a traditional fundraiser, Londoners raised volunteer time at a recent Timeraiser.

Part volunteer fair, part silent art auction and part night on the town, Timeraiser is a networking event for good Samaritans. Participants bid on artwork — $10,000 worth of visual incentives by local emerging artists — but instead of cash, auction bidders offer their free time to a charity of their choice.

And there's no shortage of charities to choose from.

It's more common to host a charity event for one cause, says event founder Anil Patel, but "why not support all of the causes that are doing good in the community?"

Winning bidders have 12 months to complete the promised hours, and upon completion, can hang the painting proudly as a reminder of their efforts.

And Londoners should be very proud, indeed. The event raised over 4,000 volunteer hours for various local charities!

If you're a would-be volunteer looking for the right cause — and the right watercolour to hang above your mantelpiece — this is the event for you.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro

President: Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **Managing Editor, London** Jim Reyno • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Charlotte Piper • **Distribution Manager** Rob Delvallet • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO LONDON** • 350 Talbot Street Main Floor London ON N6A 2R6 • **Telephone:** 519-434-3556 • **Fax:** 888-474-3094 • **Advertising:** 519-434-3556 Ext. 2222 • adinfolondon@metronews.ca • **Distribution:** london_distribution@metronews.ca • **News tips:** london@metronews.ca • **Letters to the Editor:** londonletters@metronews.ca

2

SCENE

Box office

A teddy bear's picnic

It's both a bear and bull market for Hollywood. The bear is Ted, Mark Wahlberg and Seth MacFarlane's comedy about a talking teddy bear, which opened as the No. 1 movie with $54.1 million, according to studio estimates Sunday. And the bulls are baring it in Magic Mike, Channing Tatum and Steven Soderbergh's male-stripper tale that debuted a strong No. 2 with $39.2 million. The two new movies were backed by a deep bench, with Pixar Animation's Disney fairy tale Brave holding up well at No. 3 with $34 million in its second weekend. Tyler Perry's Madea's Witness Protection, the latest from the dependable breadwinner for Lionsgate Films, opened solidly at No. 4 with $26.4 million. The four movies combined to keep Hollywood in the money compared to the same weekend last year, when Transformers: Dark of the Moon launched with $97.9 million. It was an equally big weekend overseas, where two huge franchises got a head-start on their U.S. openings. The 20th Century Fox animated sequel Ice Age: Continental Drift opened with $78 million in 34 international markets, while Sony's The Amazing Spider-Man debuted with $50.2 million in 13 markets.

THE ASSOCIATED PRESS

On the web

Whitney Houston gets tribute from mother at BET Awards; Kanye, Jay-Z, Beyoncé, Brown win two each

DVD reviews

Barbarella

Director. Roger Vadim

Stars. Jane Fonda, John Phillip Law, Anita Pallenberg

●●●○○

Barbarella, Queen of the Galaxy — one of the cheesiest movies of the 1960s. A high-flying hotsie from a French comic book, Barbarella has just out-sexed Dur-and-Durand's Excessive Machine. We first meet her doing a zero-gravity strip tease out of her space suit, the opening credits (barely) hiding her naughty bits.
In the 40th Century, people apparently still have sex on the brain. But Barbarella, directed by Fonda's husband Roger Vadim, wasn't the X-rated romp everybody expected in 1968. It's pure camp silliness, now brought ever closer through the magic of Blu-ray. Extras are skimpier than Fonda's attire: just the original trailer.

PETER HOWELL

21 Jump Street

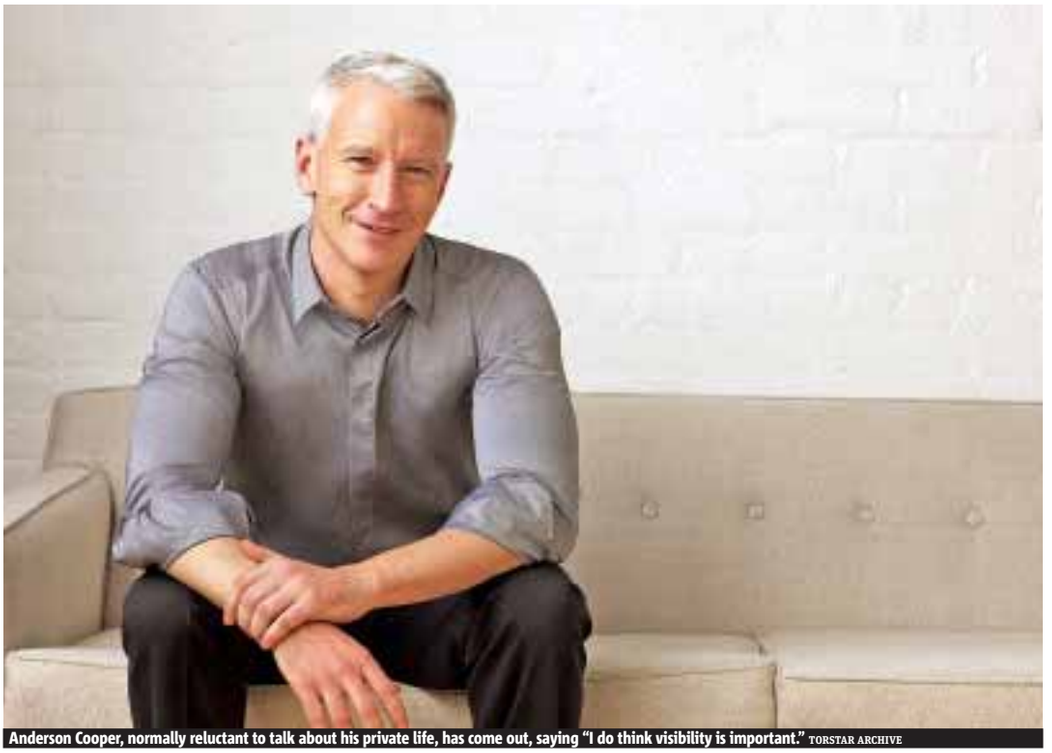
Director. Phil Lord, Chris Miller

Stars. Channing Tatum, Jonah Hill

●●●●○

The 1980s are alive and well and living at 21 Jump Street, the long-delayed screen version of the cool-kids cop show. While the original TV series occasionally reached for serious drama, there's no debate that the movie version, directed by Phil Lord and Christopher Miller, is a comedy in the vein of 48 Hours or Beverly Hills Cop. Channing Tatum as Jenko and Jonah Hill as Schmidt take the roles originally played by Johnny Depp and Peter DeLuise.

PETER HOWELL



Anderson Cooper, normally reluctant to talk about his private life, has come out, saying "I do think visibility is important." TORSTAR ARCHIVE

Cooper: 'I'm gay'

Coming out. CNN journalist says there's value in 'standing up and being counted' in Daily Beast essay

Anderson Cooper, who has been reluctant to talk about his personal life in public, revealed that he is gay in an essay posted online on Monday.

The CNN journalist said he had kept his sexual orientation private for personal and professional reasons, but came to think that remaining silent had given some people a mistaken impression that he was ashamed.

"The fact is, I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself and proud," he wrote in a letter to Andrew Sullivan of the Daily Beast.

Cooper, the son of Gloria Vanderbilt, had long been the subject of rumours about his sexual orientation. He said that in a perfect world, it wouldn't be anyone's business, but that there is value in "standing up and being counted."

"I still consider myself a reserved person and I hope this doesn't mean an end to a small amount of personal space," he wrote. "But I do think visibility is important, more important than preserving my reporter's shield of privacy."

THE ASSOCIATED PRESS

Excerpt

The Daily Beast's Andrew Sullivan asked Anderson Cooper for his thoughts on the topic of the visibility of gay people and what it means for equality. Here's part of Anderson Cooper's response.

- "...I've begun to consider whether the unintended outcomes of maintaining my privacy outweigh personal and professional principle. It's become clear to me that by remaining silent on certain aspects of my personal life for so long, I have given some the mistaken impression that I am trying to hide something — something that makes me uncomfortable, ashamed or even afraid. This is distressing because it is simply not true. I've also been reminded recently that while as a society we are moving toward greater inclusion and equality for all people, the tide of history only advances when people make themselves fully visible. ... The fact is, I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself, and proud."

READ MORE AT THEDAILYBEST.COM

Action

The Amazing Spider-Man

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

●●●○○

It's only been five years since Spider-Man last soared across the silver screen. And that's perhaps this reboot's greatest flaw. Taking over for filmmaker Sam Raimi, relative newcomer Marc Webb largely restores the recognizable origin story about a kid bitten by a radioactive bug, who becomes a web-slinging superhero. In The Amazing Spider-Man however, Webb focuses on back story and succeeds with clever performances from a talented cast. Spidey improves as a livelier, more playful hero, too, but in essence, this web-head is too familiar for true impact.

STEVE GOW

Mustang Drive-In -London
Mon-Thu 9:40

Rainbow Cinemas London
Tue-Thu 1:10-4-7-9:50

Wellington 8 Cinemas
Tue-Thu 12 3D Tue-Thu 3:20-6:45-10

Cineplex Odeon Westmount & VIP Cinemas
Tue-Thu 12:30-3:40-6:50-10 Tue-Thu 1:40-4:40-7:40-10:40 3D Tue-Thu 1-4:10-7:20-10:30 Tue-Thu 12:45-3:45-6:45-9:45

SilverCity London
Tue-Thu 12:45-3:55-7:05-10:15
3D Tue-Thu 12:15-3:25-6:35-9:45
An IMAX 3D Experience (PG) Tue-Thu 1:15-4:25-7:35-10:45

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

So long to Scientology for Suri?

MONICA WEYMOUTH
scene@metronews.ca

We all knew that when Tom Cruise and Katie Holmes divorced, it was going to be a weird one. What we didn't expect was that after five years, Katie would snap out of her dead-behind-the-eyes trance with so much fight left in her.

Before filing for divorce on Thursday, the actress had already rented a separate apartment for herself in New York. Although she does occasionally live in the city, it could have been a strategic move: She's requesting sole custody of six-year-old daughter Suri, which is more likely to be granted in New York than Los Angeles, where joint custody is more popular.

"Katie's primary concern remains, as it always has been, her daughter's best interest," Holmes' lawyer said in a statement Friday.

The "best interest" part is, reportedly, a reference to the Church of Scientology, which Holmes doesn't want Suri raised in.

Although a high-profile member of the religion while with Cruise, Holmes is now afraid that she is considered a "threat" to the organization — similar to how Nicole Kidman was shunned after her divorce from Cruise — and is being followed around New York by church authorities, reports TMZ. It's all very creepy, for sure. But if Scientology wants to be respected as a real religion in 2012, it's going to have to start doing much more depraved stuff than stalking Katie Holmes.

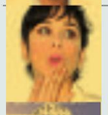
Kunis picks web winners for gal pals

You'll find Mila Kunis on online dating sites — but she's not looking for herself (rumour has it, she's canoodling with Ashton Kutcher). "I go on and I pick the guys for my friends," the star of Ted tells Glamour magazine, via Yahoo!'s omg blog.

"It's online shopping! We all get together with our laptops and have a glass of wine. Then we message the guy. I'm just very honest and blunt." And she rewrites profiles, too: "I'm really good at 'About Me,'" she says. "I feel like I could never write anything about myself, because that's like a therapy session. But about your girlfriends? You just write what you love about your friends."

Twitter

@nickcannon
My wife is like Wonder Woman! Hours ago she was looking gorgeous on stage in LA and now she is back NY before breakfast. #NCREDIBLE



@SarahKSilverman
My niece was born w congenital jazz hands. (Fosse diseases)

@JudahWorldChamp
72 ounce steaks with mash potatoes and chili is my favorite snack food.

@markhoppus
Paris is a gorgeous city. Every time I'm here I just want to sit at a cafe, smoking coffee and eating cigarettes.

Matthew's thong song: 'It's a huge leap of faith'

The Hollywood Reporter scored some nice, thong-related quotes from the stars of Magic Mike, the male stripper movie that was hot at the U.S. box office this past weekend.

"It's a huge leap of faith to trust a thong," Matthew McConaughey told the publication. "It's your only protection up on stage. When I first tried it on, my body contorted. And I tried to get myself into every position to see what angles I was covering."

"Sometimes a thong completely betrays you," added Channing Tatum, who based the movie on his life. "(But) if everyone is dressed in a thong pretty much any conversation is going to be funny … It's only weird if you make it weird."

Matthew McConaughey

33 shades of bizarre

The next dame Cruise decides to date might want to double-check her birth certificate. The web was crazier than a Thetan gone mad this weekend over the impending divorce of Tom Cruise and Katie Holmes, but PerezHilton.com picked up on a particularly odd pattern in Tom Cruise's romantic history.

"All three of Tom Cruise's marriages have ended when the wives were 33.

He wed MiMi Rogers in May of 1987, but they broke up in 1990… when she was 33. Then he moved on with Nicole Kidman.

They were happy for 10 years but guess what! They split when she was 33 too! And now, just a day after her divorce announcement, Katie Holmes has 33 years under her belt."

YOU COULD WIN A COPY OF *THE HUNTER* ON BLU-RAY™ COMBO PACK!

ENTER AT THEHUNTERMOVIE.CA FOR A CHANCE TO WIN A TRIP TO TASMANIA!

e one · Tasmania · Goway.com · QANTAS

AVAILABLE EVERYWHERE NOW!
To register and for full contest details visit clubmetro.com

VISIT club metro.com TO ENTER

ELIMINATE YOUR DEBT!

DEBT RELIEF CANADA

DID YOU KNOW...

There are Government Programs available to anyone experiencing issues with debt?

AT DEBT RELIEF CANADA, WE CAN:

- Reduce or Eliminate your Debt
- Secure 0% Interest Rates
- Protect your Assets
- Set Up One Low Monthly Payment

CONTACT OUR LONDON OFFICE TODAY TO FIND OUT IF YOU QUALIFY!

255 Queens Ave, Suite 1000,
London, On, N6A 5R8

519.913.8015
www.reliefcanada.ca

3 LIFE

Have you got what it takes to be an Olympic athlete?

How can you know if you have what it takes to be an Olympic star if you've never tried? Metro talks to Dr. Marco Cardinale, head of sports science and research of the British Olympic Association, to find out why athletes are above average. **ROMINA MCGUINNESS**

First, pair your body with sport

"There are 26 sports in the summer Olympics so there isn't a standard 'body type,'" says Cardinale. "Each sport suits a body. If you think about the differences between a boxer and a runner you realize how different bodies can be successful in sport. While this means that potentially everyone can become an Olympic athlete, it's not that easy. Olympians are the result of years of dedication to grueling training regimes combined with talent and the ability to learn and develop. Being tall does not guarantee you a place in the volleyball team, unless you have skill."

Focus comes with a clear mind

"What separates Olympic athletes from the rest of us is their mind set and dedication. This requires hours of training and a deep desire to understand what it takes to win. Medal winners are the ones that learn faster and more than their opposition. You need to be determined to succeed, with an obsession for detail and improvement. It's a tough life. Athletes experience the highs of wins and the lows of losses as well as setbacks with injuries. You can't survive without the ability to deal with adversity and remain optimistic as success only comes after years of practice."

Ouch: learn to stay injury-free

"Being fit for purpose reduces the risks of injury. A good control of training progression can help as most of the time an injury is the result of wrong training loading patterns that puts the body under too much stress. For us normal people not pursuing Olympic success, general fitness is a good way to avoid injuries..."

Your stomach doesn't like junk

"Athletes should always watch what they eat in order to make sure their nutrition is appropriate for the demands of their sports, the training schedules and their body types. In weight category sports such as boxing or judo, where weight is an issue, athletes control their diets in order to make sure they can compete. In many other sports, nutrition is important not only to make sure body mass is appropriate for each athlete, but also to be able to improve performance by using appropriate timings of macro- and micro-nutrients intake."

Calories in = calories out

"A balanced diet is the secret to a healthy lifestyle. Avoid the unnecessary intake of calories and control your intake of macro-nutrients. We live in a society exposed to carbohydrates and processed sugars, both of which we eat too much of. If someone is overweight, it's often the result of poor food choices in terms of quantity and quality. These are the kind of things to be mindful of. Diet is only part of the equation. Exercise is the most important."

Fitness pick

Futuristic sports vests

Electric Foxy's Move vest is every fitness fanatics dream item of clothing. The new-age technology garment is designed to alleviate incorrect physical movement, promising optimal precision and positioning in sports such as yoga, pilates, golf and baseball, for which posture and fluidity of movement is key. How is this possible? The garment analyzes your movements and if you are doing them incorrectly, sends you real-time feedback – a subtle nudge – at the point where the adjustment is needed. Unfortunately, it's still at the prototype phase so until then, an old T-shirt will do. METRO

On the Web

Addressing mental health issues key when treating obesity, experts say

Athlete Q+A

Metro speaks to British artistic gymnast and Olympic hopeful, Louis Smith

RICHARD PECKETT
richard.peckett@metro.lu

DEALING WITH STRESS

"You can't really control your nerves. You can prepare yourself to be in the best mental state. Nerves are what I thrive on. I love the adrenaline rush. I would get bored without it. On the other hand, when you're on the pommel horse, you shouldn't let the adrenaline affect you. If I'm nervous, I listen to reggae. Competitions can be very daunting. It's all down to those 50 seconds..."

THREATS

"Everyone is a threat. I'll be looking out for people like Krisztian Berki from Hungary. If I wobble, the door opens to about 15 other people. If I had a clean routine there would be a few other people that would be in my league. My calmness when it comes to a competition is my forte. I stay focused whereas others can get a bit too hyped."

LIFE AND LOVE

"Training for the Olympics is tough when you're young but you can't lose sight of what you're doing and why you're doing it. What I miss most is dating. I've been single for over a year and would like to find someone. But at the same time I wouldn't want a distraction during the Games."

TRAINING SCHEDULE

"I wake up around 10:30 a.m. and then train from 12:30 to 3.30 p.m. I have a rest, and then I'm back in the gym at 5:30 till about 8 p.m."

Up and Down

UP

APPLES

We've read just about enough of how great apples are for our health. But listen up: researchers from the University of Iowa found that a natural substance in apple peel appears to protect from the downsides of a high-fat diet, including obesity, pre-diabetes and fatty liver disease. The study, initially carried out on mice, is likely to confirm apples as one of the most effective and cheapest superfoods.

DOWN

SALT

Consuming too many salty, savory foods could be the reason why your blood pressure is spinning out of control. New research reported in the American Heart Association journal states that eating a diet high in salt for several years may damage blood vessels and in time, lead to hypertension or high blood pressure.

Delicious flavours of a Cobb Salad all healthily wrapped up

This recipe serves eight and takes less than 30 minutes to make. ROSE REISMAN

ROSE REISMAN
for more, visit
rosereisman.com

A Cobb Salad traditionally has loads of chicken, blue cheese, bacon and heavy dressing. I've lightened up this classic and tossed it into a wrap.

Ingredients

- 8 oz skinless boneless chicken breasts (about 2)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 tbsp low-fat sour cream
- 1 tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- pinch of salt and pepper
- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

1. Lightly coat a nonstick grill pan with vegetable spray and set over medium heat. Grill chicken 4 mins. each side or until no longer pink. Cool slightly, then slice thinly.

2. Combine tomatoes, red pepper, avocado, black beans, green onions and parsley in bowl. Add lemon juice, sour cream, olive oil, garlic, chili sauce, salt and pepper and mix.

3. Spread one-half of each of the tortillas with some of the mixture. Top with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400 F oven for 5 minutes until warm.) Cut in half and serve.

Health Solutions

Three small, sneaky super boosters

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

At the speed of our lives, it is hard to get all of the nutrients you need. Everyone needs a few tricks up their sleeve to boost or better the food they choose.

In nutrition circles, "nutrient density" is the name of the game. It means that you should make every mouthful count by choosing unprocessed, fresh, raw vegetables and whole grains every single time. Who can do that?

Here is your cheat sheet of three foods that you can add to whatever you are eating and improve every bite.

Cocoa nibs

Tastes like:
Bitter, crunchy chocolate chips

Good for:
- High in antioxidants
- Contains potassium and magnesium (two nutrients often missing from processed food)

How to use:
Add to yogurt, baking, salads

Chia seeds

Tastes like:
No taste, texture only

Good for:
- Excellent fibre (soluble and insoluble)
- High in trace minerals

How to use:
Add to smoothies, salads, soups, baked goods, sprinkle on convenience foods

Hemp seeds

Tastes like:
Sunflower seeds

Good for:
- High in plant source protein
- Contains good fat GLA needed to make hormones

How to use:
Grind into a nut free "nut" spread and add to vegetarian dishes like lasagne, pasta.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Advice

Distance can bring clarity in a rocky relationship

Dear Sisters,
I've been in a rocky relationship for a couple of years now, and we're slowly making progress. Recently, my boyfriend was offered a job abroad and would only be here a few months out of the year. I'm supportive, but worried. With everything we've already been through, I'm not sure if our relationship can withstand the distance. Any advice? Rocky Road

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Andrea: Dear Rocky,

Are you comfortable with the progress you've made or is there still more to be done before you feel fully committed? Any "loose ends" need to be addressed before his departure so that you can enjoy the limited time you do share.

Separation can be a blessing in disguise: sometimes our fear of being apart is really just a fear of being alone. You could discover an entirely new you without the pitfalls of breakups or "breaks". The time and energy you'll get back may be used for creative endeavours you didn't know you were capable of.

Of course, it will also give you some clarity on where you two really stand. Even if that ends up spelling trouble for your relationship, would you rather be happy and apart or unhappy and together?

Claire: Dear Rockette,

Sometimes life gives you the exact roadblocks you didn't know you needed. You two are being forced to take a close look at how much this relationship means to you, and whether it has a future.

If he plans to go, it's because part of his doesn't mind leaving his life behind, you included.

That doesn't mean he doesn't care about you, it's just where he is in the relationship. Establish how often you will visit each other, whether you can have flirtations with others, and how long he will give this job to decide whether it's what he wants and also how long you can wait for him.

That way you both have clear expectations, so you can both get on with your individual lives in a united way.

A bit of a crossroads

"Sometimes life gives you the exact roadblocks you didn't know you needed. You two are being forced to take a close look at how much this relationship means to you, and whether it has a future."

QuestChat™
feel the rush

TRY IT FREE*
519.439.4444

$25/50min 1.900.677.4444 | Dial #CHAT (#2428) .79/min*
Text "QUEST" to 96669 $5/10min Free trial not applicable on #CHAT

Other Cities 1.888.482.8282

questchat.com

*18+ RESTRICTIONS APPLY

Get outta your dreams, get into your used car

Previously loved wheels. Buying a second-hand vehicle can make a lot of sense — just make sure you do your homework first

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

I'm a new car buyer and very faithful to my wheels. My family's last two cars, a Toyota Cressida and Tercel, lived to be 23 and 19 respectively. For me, buying new makes sense. My current vehicles, a 2007 Camry Hybrid, a wickedly wonderful lime-green, and a fire-engine-red 2011 Ford 150 Ecoboost will probably outlive me.

However, for many people, buying used is a better choice if for no other reason than cost.

If you're considering a previously loved vehicle turn to edmunds.com and its recently published annual guide to the best used cars. Not long ago the winners came from the usual suspects, Toyota, Honda and Nissan. Now other Asian manufacturers like Hyundai and even American makers are making the list.

Edmunds.com ranks the vehicles according to reliability, longevity, crash test results, value and availability. The latter is important but not often considered by buyers. The more cars you have to choose from the better deal you can make and the more options you will have.

Alison's money rule

"Used cars can be better than new with a big down payment and a little research."

Here are some of the major category winners for the years 2005 to 2010:

-Compact sedan: Hyundai Elantra
-Mid-size sedan: Nissan Altima
-Large sedan: Hyundai Azera
-Wagon: Pontiac Vibe
-Compact SUV\Crossover: Honda CR-V
-Minivan/Van: Honda Odyssey
-Compact Truck: Toyota Tacoma
-Hybrid: Toyota Prius

You can find all the category results with notes about the models at edmunds.com/car-reviews/best-used-cars.html.

Don't forget that while a used car might be cheaper than a new one, financing charges are often higher. If you have little or no down payment then you could easily have higher monthly payments buying used.

Zero interest new car purchases are rarer than they were at the height of the recession, but financing charges on new cars are often two to four per cent less than on a used vehicle if you purchase through a dealer.

The best strategy when buying used is to aim for at least 25 per cent down, finance with a personal or home equity line of credit and set the payments to discharge the debt in less than four years.

Ready to hit the road? ISTOCK IMAGES

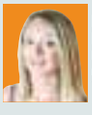
New to you

- **Second-hand vehicles in demand.** 65 per cent of all cars sold in Canada are used.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

'Lost' dollars and sense

Use it or track it



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca
Twitter: @Lesleyscorgie

According to H&R Block and Canada Revenue Agency last week, most Canadians filed their taxes by April 30 and now have their refunds, which averaged $1,600. Many will use it to save or pay off debt while others will blow it on fun and frivolous items or upcoming summer holidays.

Do you have a plan for your tax return? Have you written it down on Post-it notes, a spreadsheet, built a budget, or made mental notes?

Through Mint.com, tracking your money, including tax refunds, is about to get way easier; no more wading through piles of statements or sorting through overly complex budgeting templates.

After a quick five minute sign-up process, Mint.com securely pulls all your financial accounts, from multiple institutions, into one place. Using their proprietary software, your financial information is categorized into understandable buckets of data like savings, investments, mortgages, bills and more.

These categories can be analyzed and summarized so that you know what your total financial situation looks like at any given time; including your net worth.

Mint.com also makes budgeting a synch. It automatically calculates your average spending in any category which allows users to create a realistic budget that is based on historical spending.

Once your budget is established, you can set goals to reduce unnecessary spending and support your larger financial plans for retirement, family, career and education. The investment tracking piece of the website allows you to compare how your portfolio is performing relative to various benchmarks. Mint.com also offers free tips to help build your bottom line.

If there looks to be something suspicious happening in your account or if you're dangerously close to blowing your budget in a particular category, you'll be notified. You can set up customized notifications such as bill due date reminders or credit availability. These alerts allow you to avoid fees and protect your credit score.

One of my favourite parts about Mint.com is the summary of fees within your various accounts; ATM, account, brokerage, and investment fees. Fees can gobble up hundreds of dollars throughout the year and Mint.com can help you identify and reduce them.

If you're scared to fork over so much personal information, rest easy. I, too, was a sceptic. But, I'm now convinced that Mint.com's security system is as good as any major bank. Plus, it's essentially a "read-only" service so no one can move money in or out of your accounts.

The best part about Mint.com is that it's free. Plus, using your mobile app, you can track your money on the go.

Tracking your financial progress and having financial goals is powerful and financially lucrative.

Wimbledon. Top-seeded Sharapova overpowered and ousted by Lisicki

All at once, there was a frenzy of activity at a wet and windy All England Club early Monday afternoon.

Top-seeded and 2004 Wimbledon champion Maria Sharapova, a big hitter in her own right, was overpowered in a 6-4, 6-3 loss to No. 15 Sabine Lisicki. Four-time title winner Serena Williams was locked in a three-set tussle against a wild-card entry from Kazakhstan who is ranked 65th but is responsible for the only perfect set in women's professional tennis. Defending champion Petra Kvitova was trying to come back after dropping her opening set.

Yaroslava Shvedova gave 13-time major champion Williams all she could handle over the last two sets before losing 6-1, 2-6, 7-5. Williams will face Kvitova, who came back to beat No. 24 Francesca Schiavone of Italy 4-6, 7-5, 6-1.

Oh, and over on Centre Court, there was the not-so-insignificant matter of 16-time Grand Slam champion Roger Federer's medical timeout to get treatment for his aching back.

Federer, seeking a seventh trophy at the grass-court Grand Slam, beat Xavier Malisse 7-6 (1), 6-1, 4-6, 6-3 to reach a 33rd consecutive major quarterfinal, adding to his record.

After the seventh game, Federer got help from a trainer for his back. When he returned, his play didn't appear to suffer all that much, other than slower-than-usual serves. THE ASSOCIATED PRESS

Maria Sharapova lost to Sabine Lisicki 6-4, 6-3 on Monday. SANG TAN/THE ASSOCIATED PRESS

Sprint to the finish

Mark Cavendish, right, narrowly beats Andre Greipel to the finish line to win Stage 2 of the 2012 Tour de France in Belgium on Monday. Fabian Cancellara retained the yellow jersey.

BRYN LENNON/GETTY IMAGES

NHL

Torres' suspension reduced four games

NHL commissioner Gary Bettman has cut four games off the 25-game suspension given to Phoenix Coyotes forward Raffi Torres for his hit that concussed Marian Hossa during the playoffs. THE CANADIAN PRESS

Swimming

Phelps drops 200m freestyle

Michael Phelps has dropped one of his eight Olympic races. By scratching the 200-metre freestyle, Phelps will not have the opportunity to match the record eight gold medals he won in Beijing. THE ASSOCIATED PRESS

Soccer

Spain shifts focus to 2014 World Cup

Spain has taken its place among football's all-time great sides by becoming the first team to defend its European Championship after winning the World Cup. It will now look ahead to the 2014 World Cup. THE ASSOCIATED PRESS

Parise, Suter put signings on hold

NHL. Prized free agents play waiting game while Brodeur stays put in New Jersey

Zach Parise needed more than 24 hours to choose which hockey team to make happy.

"I'm getting closer but haven't made a decision," Parise told reporters Monday in Mississauga, according to the Canadian Press. "I haven't set any deadlines."

New Jersey is hoping to keep Parise, who became a free agent Sunday when he didn't re-sign with the Devils. Pittsburgh, Detroit, Minnesota and Nashville are among the teams trying to lure him away from the only team he has played for in his NHL career.

The 27-year-old forward and 27-year-old defenceman Ryan Suter were the top players to hit the market. Suter, who also has played for only one team, the Nashville Predators, wanted more than a day to pick a place to play as well.

New Jersey did make a splash Monday morning, however, signing Martin Brodeur to a new two-year contract.

After testing free agency for the first time in his career, Brodeur, 40, earned a pact worth $9 million US. More than likely, the goaltender will finish his career with the Devils.

The NHL's all-time leader in wins and shutouts, Brodeur has led the Devils to three Stanley Cups and two other finals, including a loss to the Los Angeles Kings in six games this past season.

Meanwhile, the Montreal Canadiens locked up goaltender Carey Price for the next six years.

Price played 65 games for the Canadiens last season. The two-time all-star posted a 26-28-11 record with a 2.43 goals-against average, a .916 save percentage and four shutouts. THE ASSOCIATED PRESS/ THE CANADIAN PRESS

Zach Parise remains a free agent with New Jersey, Pittsburgh, Detroit, Minnesota and Nashville showing interest. JIM MCISAAC/GETTY IMAGES

American muscle

Parise, who is from Minnesota, and Suter, a native of Wisconsin, helped the U.S. win silver at the 2010 Olympics.

4 SPORTS

Rugby

Busy year for Canada in Rugby sevens

A year away from the Rugby World Cup Sevens 2013 in Moscow and Canadian sevens boss Geraint John's datebook is already full. The Canadian men will gather next week in Victoria, ahead of an Aug. 10-12 selection camp in the B.C. capital and the North America/ Caribbean qualifying tournament Aug. 25-26 in Ottawa. The region will send two teams to the 24-country men's half of the world sevens championship, with Canada and the U.S. favoured to go through. Canada and the Americans will also both be full participants in the expanded 10-team IRB World Series starting in the fall as world rugby starts the road to Olympic participation in 2016.

THE CANADIAN PRESS

Mobile news

Twitter says its users fired off more than 15,000 tweets per second when Spain scored its fourth goal in Sunday's Euro 2012 final. Such records are constantly being set as fans increasingly use social media to connect during major sporting events. Scan the code for the story.

HELP WANTED

General Help

Full Time & Seasonal Positions Available!
Now hiring for all positions. Customer Service, Marketing, Sales, Management. No Exp Req. Students Welcome. **519-913-3140**

HOUSEHOLD SERVICES

General Services

NORTH RIVER PROJECTS Residential/Commercial
ROOFING & SHINGLING ETC.
EXCELLENT JOB AT A REASONABLE PRICE
Call for a FREE Quote!
226-688-6090

Waynes Water Works
Eavestroughs Cleaning Special
Custom Pressure Washing
Residential/Commercial Cleaning Services
Enviro-Friendly Detergents Graffiti Removal, Deck, Sidings, Store Fronts, Sidewalks, Truck & Car Fleets **FREE ESTIMATES**
Call **Wayne 519-701-5218**

SERVICES

like us metro

Dental

New Smile For Only $1,399*

DENTURES
Approximate Value $2500.
Discount Includes Complete Dentures or Partial Acrylic Dentures
(add $300 for metal framework partials)

Charles Lim DD 519-858-9700
281 Oxford St. E. (Between Waterloo and Richmond)

"MENTION THIS AD" OFFERS EXPIRES JULY 31, 2012

General Services

Do you suffer from knee pain?

Join a clinical research trial to evaluate the effectiveness of an investigational natural health product on symptoms associated with knee pain.

Contact us now! See if you qualify. Participants will be compensated up to $175.00

Contact KGK SynergizeClinic: 519-858-8359
clinic@kgksynergize.com
www.kgkclinic.com
kgk synergize

Miscellaneous

Attention Realtors!
Want to reach over 530,000 daily Metro News readers? Advertise your listings with Metro Classifieds.

2 Listings
Starting as low as
$36 per day

Call 1-800-527-6767 to place your ad now!

LOOK!
Advertise in this space for as little as $35/day
Call 1-800-527-6767!

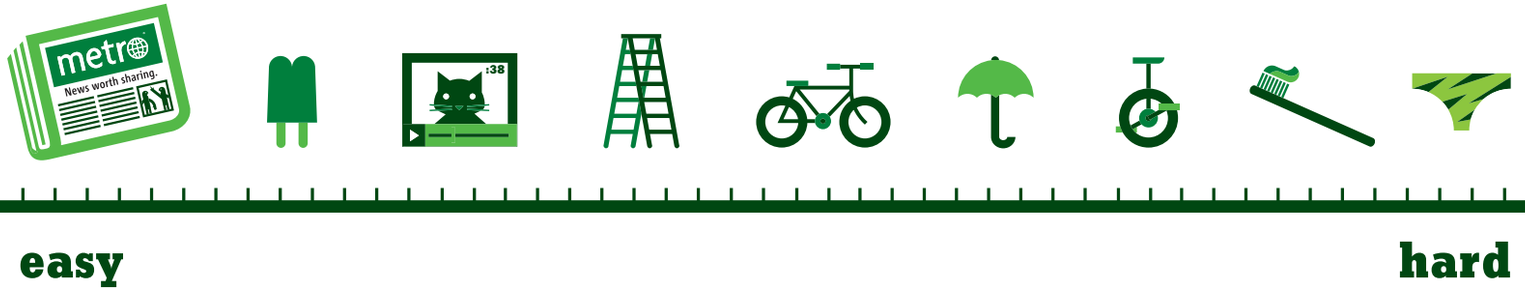
Read metro your money every Tuesday for financial tips, trends and advice.
Only in Metro. News worth sharing.

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

2 A1 Samsonite Suit Cases Only used 1 time. 28" x 24" x 8" & 26" x 20" x 8"; with new set of wheels. $115.00 FIRM (519)439-2717 ext. 870	**Brand New 46 Piece Drill Bit Set Set $40.00 Brand New Hunting Knife $50.00 (519)439-2717 Ext 870**	Crystal Wine Glasses $1ea Wine Cooler $5 (519)657-9440	ELECTROHOME AIR CONDITIONER 6,000 Btu, In Great Condition Aksing $75 **(519)630-5749**	Mountian bike Iron Horse 21 speed. Mint condition.Only ridden twicer $100.00 (226)448-0981	•Towels all sizes & Face Cloths ex Con 25c to $2.50 each • Microwave Oven New Condition $30 519-433-1131
• 4 21 drawer tool organizers $30 • Protech DC 6 volt 32 keyed Multi rythumn organ $12 (519)453-8798	Bulova Marine Star 100 Meter Stainless Steel Dive Watch **$115 (519)439-2717 Ext. 870**	**Danby Air Conditioner - 5,000 BTU Used one season (1 yr old, still has box) Asking $100 (519)630-5749**	•Large Open Face Furance Blower moves air fast $25 • Wooden Shoes Size 10 to 11 $25 • Antique hand crank singer sewing machine works... $90 (519)453-8798	**OSTER JUICER Very good condition $30 519-686-7754**	Wanted to buy Die Cast Cars All sizes. Hotwheels, Dinky, old toys. Will buy collections. Will pick up and pay CASH $$$$$ **519-672-1219**
• 90 pc cutlery set $60 • space heater $50 519-439-2717 Ext 870 (Tony)	Cedar Chest Mint condition, long and deep. $200.00 OBO (226)448-0981	Dinnerware Set for 4 $5 Dinnerware set for 8 $10 Shishkabob set $5 519-657-9440	MAAX Hot Tub 2 person 28 jets Includes the GFCI Ex Condition $750 OBO (519)641-1035	•Pyrex Casserols & Mixing bowls $1 to $3.50 • Bedding Single, Double & Queen, bed pillows & pillow cases 50c to $10 Ex cellent Condition (519)433-1131	Wicker dining room table with glass top and four chairs. $60 Call (519)432-8947
Basket for a Walker for sale $15 (519)266-0753	**Children's Britannica Encyclopedias $45.00 (519)686-7754**	**Display Pole 9' high. Great for Trade Show Banner Ads. Perfect Condition. Includes Accessories Reg price $300 A steal at $90 Please call 519-473-1091**	Mahogany dining table & chairs. Table with two leafs - 8ft long, without leafs- 5ft. One leaf is 6.6 ft. 4 chairs & 2 captain chairs. $900 Call (519)641-0134	Students computer desk with 2 drawers Good condition $40.00 Electric E Bike 2011 Geo $900 226-663-2051	Yamaha receiver. Ampoi-tuner, audio/video. htr-6230. Selling for $225 with 2 years guarantee at Best Buy. Call (519)673-6579

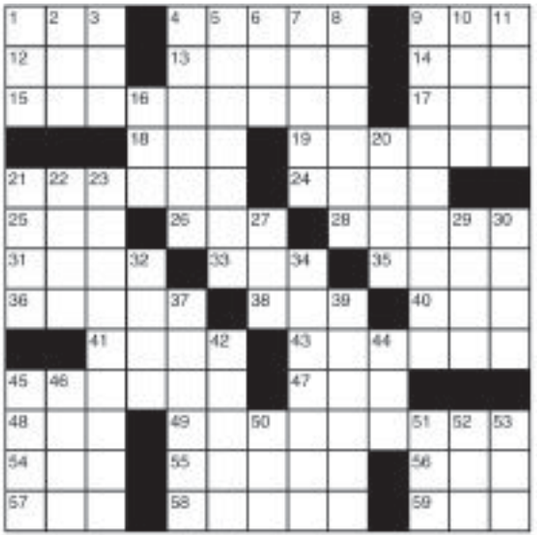
Sharability



CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Across
1 Take the prize
4 Conversations
9 Gear tooth
12 Hubbub
13 Embankment
14 Mine matter
15 Obese
17 Hastened
18 Choice (Abbr.)
19 Fastener shot from a gun
21 On top of the world?
24 Ticklish Muppet
25 Bill and —
26 Kvetch
28 Bizarre
31 Throw hard
33 Pitch
35 Red-tag event
36 Washington Nationals, once
38 Jewel
40 Aviv preceder
41 Curved molding
43 Antics
45 Seoul man?
47 Call-day link
48 Lawyers' org.
49 Blood cell
54 Up to
55 Yellow-brown color
56 Plead
57 41-Across' shape
58 "— Line Is It Anyway?"
59 Droop

Down
1 Servicewoman
2 "— not choose to run"
3 Neither partner
4 Tip off
5 Witch
6 St.
7 Nervous
8 Make a compromise
9 Related to big business
10 Verbal
11 Kelly or Hackman
16 Calif. winter hrs.
20 Iowa city
21 Liniment target
22 Sauce thickener
23 Sarges' subordinates
27 Joke
29 Robert of "The Sopranos"
30 Morays
32 Theater box
34 Cookbook collection
37 Dugong
39 Ripen
42 Tennyson's "— Arden"
44 Faux —
45 Shakespeare's shrew
46 Kimono sashes
50 Pi follower
51 Couric's network
52 Meadow
53 Early bird?



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	9							4
		6	8					
4		2		6	5			3
					4		8	9
		3		2		4		
7	5		3					
3			1	9		7		8
					8	5		
8							6	

Yesterday's Sudoku

6	7	2	4	8	9	5	3	1
1	5	9	7	3	2	8	6	4
8	4	3	1	5	6	7	9	2
2	8	1	5	4	3	6	7	9
7	3	5	9	6	1	4	2	8
4	9	6	2	7	8	3	1	5
3	1	8	6	9	4	2	5	7
9	6	7	8	2	5	1	4	3
5	2	4	3	1	7	9	8	6

Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SNKV ZEAK JYKGEQKVP FFYCV IKAFXK NHVLYD, DCH XELNP GHJJCGK NEG MFZCYEPK MCCQ SFG F IHYY-EPC.

Yesterday's Cryptoquip: WHEN PEOPLE HAVE TO TRIM DOWN A FEW ENVELOPES, COULD THEY USE A PAIR OF MAIL CLIPPERS?

Today's Cryptoquip Clue: F equals A

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You need to be more emotionally open with those you live, work and do business with, but not so open that you reveal all your secrets.

Taurus | April 21 - May 21. The amount of time and effort that has gone into your attempts to change a habit could have been used for more productive ends.

Gemini | May 22 - June 20. Mars, planet of ego and energy, moves into the most dynamic area of your chart today and soon you will be feeling on top of the world again — which is where you belong.

Cancer | June 21 - July 22. Today's cosmic activity urges you to put negative thoughts behind you and believe that your life is everything it could be and more. Positive thinking is a powerful force.

Leo | July 23 - Aug. 22. The next few days will be extremely busy for you, especially socially where you will be in demand like never before.

Virgo | Aug. 23 - Sept. 22. As Mars moves out of your birth sign today your confidence may dip a little, but it's no big deal. Focus on what you own and are earning.

Libra | Sept. 23 - Oct. 22. Mars, the planet that makes things happen, joins Saturn, the planet that stops things from happening, in your birth sign today. But that's OK. You'll find ways to make the combo work.

Scorpio | Oct. 23 - Nov. 21. Some kind of hidden knowledge is about to be revealed to you and if you use it wisely, your existence may well be transformed. There is more to life than meets the eye. Use your inner eye to see with today.

Sagittarius | Nov. 22 - Dec. 21. Group activities will be a lot of fun today and if you play your cards right you will impress some important people too.

Capricorn | Dec. 22 - Jan 20. New opportunities in your work or career are about to arrive. How you use them is up to you but use them you must. It's a chance to move up.

Aquarius | Jan. 21 - Feb 18. The past few weeks have been tough but with Mars moving in your favour, better times are about to begin. If you get the chance to travel, take it.

Pisces | Feb. 19 - March 20. Don't let minor setbacks worry you because overall your prospects are amazingly good. Where joint business issues are concerned you must be more willing to take a risk.

SALLY BROMPTON

Caption Contest

"Rare ... well done .... and cordon bleu?"
David

THE ASSOCIATED PRESS

Win!

You write it!

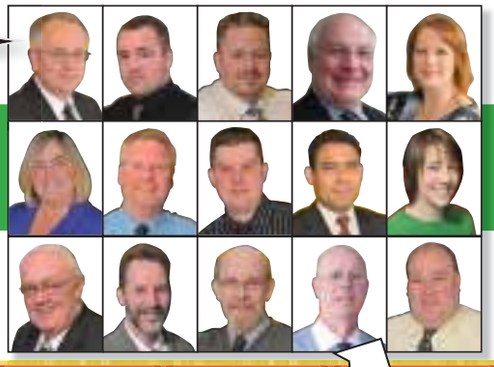
Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Read metro work **every Monday and Wednesday for tips and trends in education and employment.**

Only in Metro. News worth sharing.

ON ALL NEW IN-STOCK 2012'S - DODGE - CHRYSLER - JEEP - RAM - SRT

OXFORD DODGE EMPLOYEE PRICING



You pay what our dealership employees pay

2012 DODGE GRAND CARAVAN CVP

FEATURES

- 3.6L Pentastar™ 283hp V6
- 6 Speed Automatic
- Up To 36 MPG
- Power Windows/Locks
- Remote Keyless Entry
- Air Conditioning
- Full Stability Control
- Tilt/Telescoping Steering
- 3rd Row Stow-N-Go
- 7 Air Bags
- Power Heated Mirrors
- Tire Pressure Monitoring
- Steering Wheel Audio Controls

OXFORD Exclusive Pricing

MSRP	$29,625
FACTORY REBATE	$8,000
OXFORD DISCOUNT	$1,782
FROM	$19,843
Save-O-Matic	$10,407

$0 5k 10k 15k

From **$112** Bi-Weekly **@** **4.99%** For 96 Months

UpGrade #1

SXT "PLUS"

Craig's Pick!

- Full 2 Row Stow-N-Go
- Middle Row Captain Seats
- Uconnect/Bluetooth
- Rear Heat & A/C
- Middle Row Power Windows
- 16" Alloy Wheels
- Floor Mats
- Sirius Satellite Radio
- Dark Sunscreen Glass
- Roof Rack

JUST ADD **$33** Bi-Weekly

UPGRADE OPTIONS

UpGrade #2

UPGRADE #1 + ENTERTAINMENT GROUP

Liz's Pick!

- **All Options From Upgrade #1**
- 6.5" Touchscreen Radio
- 6 Speakers
- Parkview Back Up Camera
- 9" 2nd Row DVD w/Headphones
- 115 Household Power Outlet
- Video Remote Control
- Two Wireless Headphones
- 28G Harddrive

JUST ADD **$43** Bi-Weekly

Oxford Exclusive No Charge 3-year basic maintenance with the purchase of any vehicle.

$625 VALUE!

All New and Used vehicle retail purchases include No Charge Lube, Oil & Filter and Tire Rotations for a period of 3 years from delivery date. Includes up to 10 Lube, Oil & Filter services (up to 12 for vehicles not equipped with Oil Life Monitors), up to 6 Tire Rotations and an Annual Peace of Mind Inspection.

625 Oxford Street West,
London Ontario

(519) 473-1010

www.oxforddodge.com

Price and Payment is just plus HST & license. Cost of borrowing sample on $10,000 is $2181 O.A.C. Payments are calculated with $750 down. Price on Upgrade #1: $25,566, Upgrade #2: $27,194. Vehicles may not be exactly as illustrated. Offer valid from June 9th to July 3rd, 2012. Dealership Employee pricing valid on any new in stock 2012 Dodge, Chrysler, Jeep, Ram, SRT model. Does not include Fiat or Jeep SRT models. $10,407 'savings' includes $625 value on 3 year N/C maintenance package.